

# Better and Best

COPPER KNOB  
STEPSHEETS

拍數: 90      牆數: 2      級數: Intermediate waltz  
編舞者: Johnson Koo (SG) - June 2014  
音樂: The Times They Are a Changin' - Blackmore's Night



**Note: Appreciate the help from Des Ho**

**[01-18] Point R side hold hold, Cross hold hold, unwind 3/4L sweep back touch, unwind 3/4L, cross, cross.**

- 1 2 3 - Point RF to R side, hold, hold.  
4 5 6 - Cross RF over LF, hold, hold.  
1 2 3 - Unwind 3/4L sweep LF from front to back in anti clockwise, touch LF behind RF. (3.00)  
4 5 6 - Unwind 3/4L on LF, then preparing sweep RF from back to front. (6.00)  
1 2 3 - Sweep RF from back to front cross over LF.  
4 5 6 - Sweep LF from back to front cross over RF.

**[19-36] 1/4 twinkle R, step back 1/2R fwd, together, fwd coaster, Cross hold hold, 1/4R back basic, weave R.**

- 1 2 3 - Cross RF over LF make 1/4 turn R, step back on LF, step RF close to LF.  
4 5 6 - Step back on LF make 1/2 turn R step fwd on RF, step LF close to RF.  
1 2 3 - Step fwd on RF, step LF close to RF, step back on RF.  
4 5 6 - Cross LF over RF, hold, hold.  
1 2 3 - Pivot 1/4R, step back on RF, step LF next to RF, step in place on RF.  
4 5 6 - Cross LF over RF, step RF to R side,, step LF behind RF. (6.00)

**Wall 4 - Restart point.**

**[37-54] Sweep back, sweep back, back R twinkle, basic waltz L 1/2 turn, fwd R twinkle, 1/4L twinkle L.**

- 1 2 3 - Sweep back on RF in 3 counts.  
4 5 6 - Sweep back on LF in 3 counts.  
1 2 3 - Cross RF behind LF, step LF to L side, recover on RF.  
4 5 6 - Step fwd on LF, step fwd on RF make pivot 1/2L, step LF close to RF. (12.00)  
1 2 3 - Cross RF over LF, step LF to L side, recover on RF.  
4 5 6 - Cross LF over RF make 1/4 turn L stepping back on RF, step LF close to RF.

**[55-72] Fwd basic waltz, back basic waltz, step fwd, hitch LF, step back 1/2R fwd, step fwd, R twinkle, cross hold hold.**

- 1 2 3 - Step fwd on RF, step LF next to RF, step in place on RF.  
4 5 6 - Step back on LF, step RF next to LF, step in place on LF.  
1 2 3 - Step fwd on RF, hitch up on LF.  
4 5 6 - step back on LF make 1/2 turn R step RF fwd, step fwd on LF.  
1 2 3 - Cross RF over LF, step LF to L side, recover on RF.  
4 5 6 - Cross LF over RF, hold hold. (3.00)

**[73-90] Cross unwind 1/2L, sweep behind on ball 1/2 turn L, behind touch, hold hold, 1/4R step fwd, spiral full turn R, fwd mambo, cross mambo.**

- 1 2 3 - Sweep RF over LF unwind 1/2L, transfer weight to RF.

- 4 5 6 - Sweep LF from front to back make ball turn 1/2L on RF in anti clockwise, quickly transfer weight to LF.
- 1 2 3 - Touch RF toe behind LF, hold hold.
- 4 5 6 - 1/4R Step RF fwd, make spiral full turn R in 2 count.
- 1 2 3 - Step RF fwd, recover on LF, step RF next to LF.
- 4 5 6 - Cross LF over RF, recover on RF, step LF to L side. (6.00)

**Tags: End of wall 1, 2 & 3 add 2 count Tags:  
Big step RF to R side, Drag LF toward RF.**

**Restart: Restart on wall 4, dance up to count 36 (face to 12.00)**

**Contact: [beaverct@gmail.com](mailto:beaverct@gmail.com)**

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